



2019 ANNUAL REPORT



DUTCHESS
OUTREACH

WHO WE ARE

Dutchess Outreach acts as a catalyst for community revitalization and exists in Dutchess County as an advocate and provider of hunger and relief services in order to ensure that everyone, regardless of income, has access to fresh, healthy food, and the support they need.



**“THE GREATNESS OF
A COMMUNITY IS MOST
ACCURATELY MEASURED
BY THE COMPASSIONATE
ACTIONS OF ITS MEMBERS.”**

-CORETTA SCOTT KING

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OUR TEAM

Brian Riddell
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LUNCH BOX MANAGER

Atticus Lanigan
ADMINISTRATIVE ASSISTANT

Tara Whalen
ASSOCIATE DIRECTOR

Justin Offerman
FARM MARKET MANAGER

Rich Oszip
DISHWASHER

Sarah A. Salem
DIRECTOR OF DEVELOPMENT

Omar De la Cruz
FARM MARKET ASSISTANT

Nyhisha T. Gibbs
VOLUNTEER ADMINISTRATOR

Teresa Brennan
RECEPTIONIST

Delia Vasquez
CASE MANAGER

COVER PHOTO:
FROM THE DUTCHESS
OUTREACH URBAN
FARM AND FALL KILL
COMMUNITY GARDEN.



Brian Riddell

Brain Drain



Food justice seems to be on everyone's lips these days. There are three meetings coming up over the next two weeks with food justice on the agenda. It's a farm movement, a labor movement, a health movement, a race equity movement, a community development movement.

FOOD JUSTICE is an idea, a set of principles that we should all strive to practice. It recognizes that the lack of access to healthy and affordable food is not due to personal behavior but a food system motivated by profit. Pulitzer prize-winning Michael Gross interviews industry insiders in his 2013 *Salt, Sugar, Fat How the Food Giants Hooked Us* who disclose how those ingredients and chemical additives created the feel-good processed food that people crave. Mass producing this "food product" made it affordable. Advertising it to children and homemakers made it profitable. Eating it, we now know, can make us sick. Worse yet, research shows it can cause irreparable damage to children's IQ. A study in the July 2012 *Journal of Epidemiology and Community Health* concluded, "A predominantly processed-food diet at the age of three is directly associated with a lower IQ at the age of eight and a half." The authors base their findings on participants in a longitudinal study tracking the wellbeing of 14,000 children born in 1991-92. The study found a direct statistical correlation between poor diet and decrease in children's IQ. For every one point increase of the processed fats and high sugar diet scale, the child's IQ dropped by almost two points. More insidious; this poisoning of young minds delivers permanent damage. The results "... suggests that any cognitive/behavioral effects relating to eating habits in early childhood may well persist into later childhood, despite any subsequent changes to dietary intake," the authors wrote.

Food justice demands we take action That's why you are seeing and hearing a lot more about wholesome foods here at Dutchess Outreach. The evidence clearly shows that we have to do better for the children's future. Together with our farm, partners and supporters we are bringing fresh food to the people and children in the community. A joint effort with area Food Banks and their grocery partners, brings fresh produce to our food pantry. Another effort with them lets hundreds of people in Poughkeepsie browse and shop for free fruit and vegetables at our monthly Free Farm Stand. The Dutchess Outreach Mobile Market stops in places where residents do not have easy access to purchase fresh food. With our urban farm and community garden, and our farm partners, local, organically grown, pesticide-free food is affordable. Young moms eligible for WIC benefits to help feed them and their kids, now have somewhere to use their farm markets – only coupons. Our efforts here are aimed specifically at the diet-challenged children such as those cited in the study above. So, more than an idea, this is what food justice looks like. And we want to do more. We need your help. Join us so food justice is not just us.

HONORING OUR VOLUNTEERS

Each year, the Dutchess Outreach Volunteer Committee hosts our Volunteer Recognition Reception. For 2019, the Volunteer Recognition Reception was held at The Town of Poughkeepsie Senior Center. The theme was “Volunteers are Priceless”.

During this Reception, we recognized our volunteers for their commitment and dedication to Dutchess Outreach. We understand that they are the heart of our organization, and we were honored to recognize each of them. The Outstanding Volunteer: Making a Difference Award was presented to Mary Dynes. The Award recognizes an individual who has completed 4,000 or more volunteer hours in their lifetime. Mary has unselfishly dedicated her time, talent and resources to Dutchess Outreach. We are thankful!

Marland Berghorn and Jackie Chatfield received the Mary Keeley Award. These two amazing women have assisted Dutchess Outreach in their own individual and unique ways. They are long-time, dedicated volunteers who continue to support Dutchess Outreach and who continue to support the needs of others. The Susan DeKeukelaere Caring Heart Award was presented to Kathy Dynes who continues to volunteer with Dutchess Outreach while overcoming many challenges. She enjoys volunteering with the Coat Drive alongside her sister, Mary Dynes.

Mairead Lanigan, Pdraig Lanigan, Daniel Rydell, and Emily Rydell were recognized with the Outstanding Youth Award. These young people either make long term commitments to service or go above and beyond the service they provide to our programs. Community Service Awards were presented to the Anderson Center for Autism, Central Hudson Gas & Electric, Rhinebeck Bank, Poughkeepsie Rotary, Sai Baba Temple, ShopRite, St. Martin de Porres Youth Group and TOPS.

Robert Caso, Robin Kleban, Jennifer Sheehan, and Bharat Thakkar received the Board Recognition Award for their terms of service on the Dutchess Outreach Board. Special Recognition was given to the Episcopal Church of the Messiah (Rhinebeck), Greystone Programs, John Mylod, Marie Knapp and Brandi Rider. The Life Saver Awards and Extra Mile Awards were also presented to several volunteers who go above and beyond in their service to Dutchess Outreach.

Healthy Food Access Awards were presented to Anna Adler, Peter Van Aken, Henry Barker, Caren Colemena, Barbara Durniak, Mary A. Gomez, Chef Sonya Key, and Jennifer Merritt. Each has dedicated themselves to assisting with providing healthy food access through our Urban Farm, Mobile Market or Farm Stand programs.

WE ARE GRATEFUL FOR EACH OF OUR VOLUNTEERS AND THE EXTRAORDINARY SERVICE THEY PROVIDE TO DUTCHESS OUTREACH. THANK YOU!

- Nyhisha T. Gibbs
Volunteer Administrator



VOLUNSLIA (NOUN)
the moment you forget that you are volunteering to help change lives; because it is changing yours.



**MORE THAN
2,000 VOLUNTEERS
IN 2019 &
OVER 25,000
HOURS OF SERVICE.
THANK YOU**

OUR PROGRAMS

BEVERLY CLOSS FOOD PANTRY
provides food for individuals and families.



CHILDREN'S CLOTHING CLOSET
provides free, gently used clothes for children.

DUTCHESS OUTREACH FRESH MARKET
distributes affordable locally farmed fruits and vegetables to the community.

EMERGENCY ASSISTANCE
provides advocacy and referral services as well as one-time grants for prescriptions and utility payments.

ACTS OF KINDNESS
works with social service agencies to provide clients with household items.

THE LUNCH BOX
serves free, midday, after-school, and evening meals six days a week.

SUSAN DeKEUKELAERE MEMORIAL COAT DRIVE
collects and distributes thousands of warm winter coats to those in need in Dutchess County.

THE FARM STAND
provides free produce one Friday a month.

FARM STAND

The Dutchess Outreach Farm Stand offers FREE produce one Friday of the month year round in the City of Poughkeepsie. The Farm Stand is open to absolutely anyone and provides a wide variety of fruits and vegetables, widening access to healthier food options to those within our community who need access most. The force of volunteers and collaborating organizations that help us make this program possible is an incredible testament to the strength of our community. 2019 marks our third year operating this necessary program.

SINCE 2017
MORE THAN 165,232 lbs OF
FREE PRODUCE DISTRIBUTED
TO OVER 5,337 PEOPLE WITH
THE HELP OF 805 VOLUNTEERS.
THANK YOU



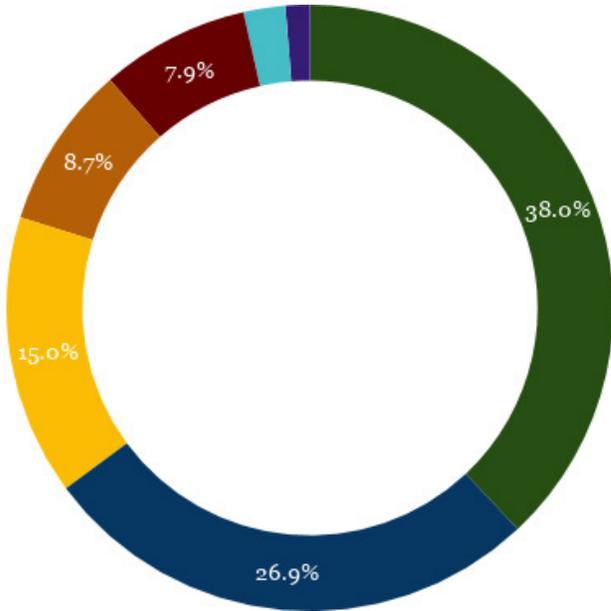
This program is made possible thanks to the Regional Food Bank of Northeastern New York and the Community Foundations of the Hudson Valley.

FEEDING COMMUNITY HEALTH

DUTCHESS OUTREACH

2018/2019

CONSOLIDATED FINANCIALS (PRE-AUDIT)



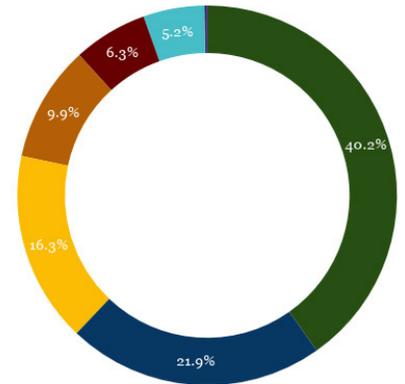
- CONTRIBUTIONS
- CORPORATE/FOUNDATIONS
- OTHER REVENUE
- SPECIAL PROGRAMS
- GOVERNMENT
- INVESTMENT INCOME
- UNITED WAY

CONSOLIDATED OPERATING REVENUES

NET INCOME
\$9,583

CONSOLIDATED OPERATING EXPENSES

- PROGRAMS ●
- IN-KIND ●
- OCCUPANCY ●
- MANAGEMENT & ADMIN ●
- FUNDRAISING ●
- FOOD ●
- OTHER ●



TOTAL EMERGENCY ASSISTANCE GRANTED
\$33,052



\$13,491
TO PREVENT UTILITY TERMINATION



\$18,382
TO PREVENT ILLNESS

\$4,390
toward essential need items for children thanks to generous funding from the **Dyson Foundation**.



\$1,179
TO PREVENT EVICTION/HOMELESSNESS



118,023 MEALS SERVED



65,241 + 52,782
FROM OUR FOOD PANTRY FROM OUR LUNCH BOX

**TOTAL FOOD PANTRY VISITS;
8,647 PEOPLE,
INCLUDING 2,895 CHILDREN**

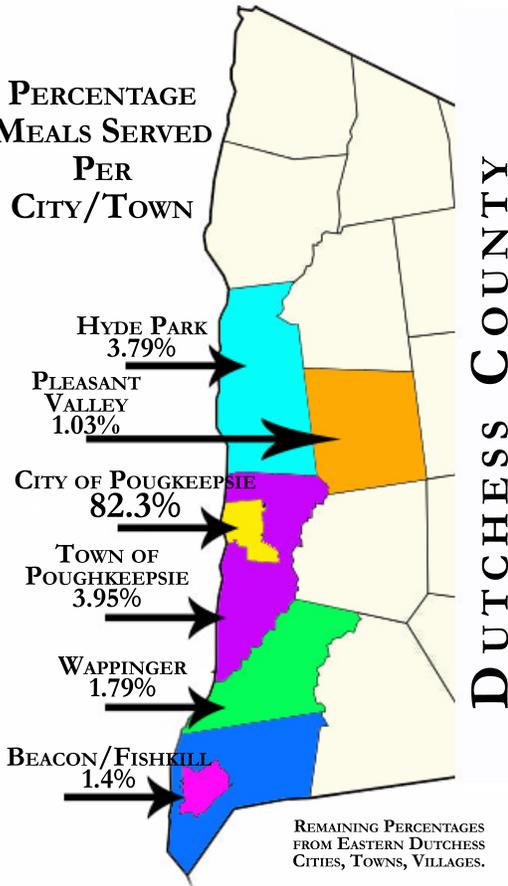
FILLING THE GAPS

**27,790 INDIVIDUALS
IN DUTCHESS COUNTY
ARE FOOD INSECURE.
THAT'S 9.4% OF OUR
POPULATION.**

**41% ARE ABOVE
SNAP ELIGIBILITY**

**59% FALL JUST
BELOW SNAP
ELIGIBILITY**

PERCENTAGE
MEALS SERVED
PER
CITY/TOWN



**THAT'S WHERE
WE COME IN.**



FEEDING THE NEED

46.5 MILLION AMERICANS SEEK HELP FROM FOOD ASSISTANCE AND RELIEF PROGRAMS, LIKE DUTCHESS OUTREACH.

**DUTCHESS COUNTY
ANNUAL FOOD
BUDGET SHORTFALL \$16
MILLION**

**THAT'S WHERE
YOU COME IN.**



**REQUIRING JUST
\$20/WEEK (\$3/MEAL)
MORE IN FUNDS TO ENSURE DUTCHESS COUNTY
RESIDENTS ARE FOOD SECURE.**

YOUR GIFT TO DUTCHESS OUTREACH WILL HELP TO ENSURE THAT THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY ARE ABLE TO PROVIDE FOR THEMSELVES AND THEIR FAMILIES BY GIVING THEM THE ABILITY TO MEET THEIR MOST BASIC NEEDS. MANY OF THOSE WHO SEEK OUR SERVICES FIND THEMSELVES NOT ABLE TO GET BY ON WHAT PUBLIC ASSISTANCE BENEFITS THEY ARE GRANTED, OR THEY FIND THEMSELVES JUST OUTSIDE THE THRESHOLD OF ELIGIBILITY. NOW, MORE THAN EVER, YOUR GIFT CAN HELP US FILL IN THESE GAPS AND FULFILL OUR MISSION OF PROVIDING CONSISTENT ACCESS TO FOOD AND THE NECESSARY SUPPORT.



FEEDING COMMUNITY HEALTH

FROM OUR CASE MANAGERS' NOTEBOOK

“IT IS ALWAYS A GREAT FEELING TO KNOW THAT DUTCHESS OUTREACH IS HERE WHEN I NEED IT.” This is a phrase I often hear from new clients that request any of our services and discover the many services we have to offer. 2019 has been a tumultuous year filled with cuts in SNAP budgets, employment hours, and employment opportunities overall. “We are facing difficulty putting food on our table and keeping heated homes or paying for basic daily needs.” More concerns I hear from clients, new and old. When I hear positive feedback from our clients, it provides me with comfort knowing that our work grants some relief to those in need, whether it comes through our food pantry, prescription medication assistance, assistance with a Central Hudson payments, our Mobile Farmers’ Market, or the Farm Stand. This year I have seen a large number of new clients in need of our services and clients that are returning after some time of not seeking out services. It is a great feeling to be able to help and have helped. This is where all the financial support and our donors come into play. For that, we give thanks.

- Delia Vazquez-Habib, Case Manager



FROM OUR ASSOCIATE DIRECTOR

Dutchess Outreach donors and employees help provide assistance to others who have fallen on difficult times. We do it because we want to, not because we need to. While several of our donors are considered to be “well off”, many are not. As a matter of fact, some of our biggest donors are the ones that can afford it the least. A person with a kitchen full of food may donate a few canned goods, and for that we are grateful. What I have learned over time is that people, some of whom are former clients, also donate. These donors may only have four cans of food in their pantry but still manage to donate one of them.

This benevolence is truly heartwarming. I have asked donors like that why they offer help and the response made me feel really accomplished about the work we are doing. The answer was quite simple, “Dutchess Outreach helped me at a time when I really needed it, and I will never forget that.”

Dutchess Outreach relies heavily on donations both in money and non-perishable food items. We constantly appeal to our supporters for more help. These appeals are not because we enjoy asking but rather because we have been serving more and more clients in need. Some clients need help with prescriptions, some need help with their utilities, and the majority need healthy food to keep them nourished. We do our best to provide assistance whenever possible and we take satisfaction in being able to do so.

ALL OF THE WONDERFUL WORK WE DO IS MADE POSSIBLE BY OUR SUPPORTERS LIKE YOU. FOR THAT, WE ARE EXTREMELY GRATEFUL.

-Tara Whalen, Associate Director



TOTAL PANTRY MEALS SERVED: 65,241

4TH ANNUAL TASTE AGAINST HUNGER



Our 4th annual Taste Against Hunger was a great success! Held on Friday, October 18th in the **Villard Room at Vassar College**, we shared a delicious array of foods from local Hudson Valley restaurants all while building support for the work and mission of Dutchess Outreach. This year we honored **the Community Foundations of the Hudson Valley and Roderick J. MacLeod** for their extraordinary commitment to the Hudson Valley community and unwavering support throughout the years.

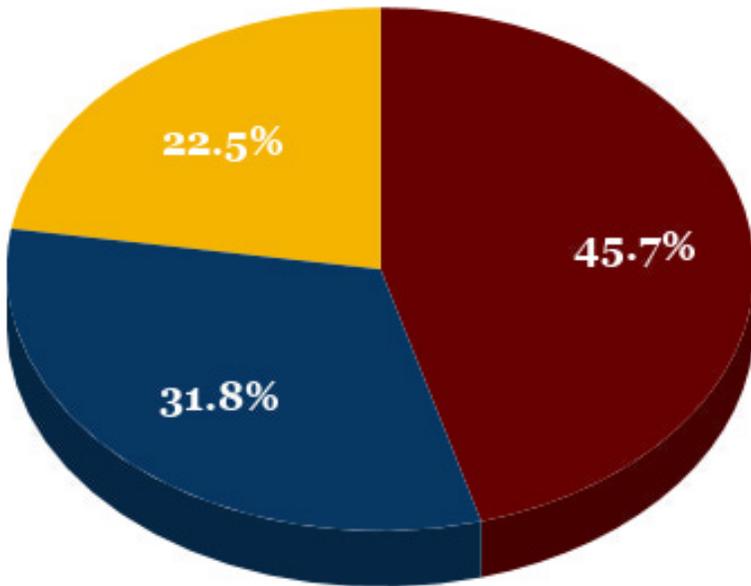


THANK YOU to our vendors; Bonefish Grill, Savona's Trattoria, Holy Cow, EFCO Products, Essie's Restaurant, Giacomo's Pizza, Iron Furnace, Barbaro, Mill House Brewing Company, North River Roasters, Publick House, Villa Nigrelli, Maura's Kitchen, Texas Roadhouse, Dutchess Beer Distributors, & Bread Alone Bakery.

THANK YOU to our generous sponsors; iHeartMedia, Hudson Valley Federal Credit Union, Nuvance Health, 40 Cannon, Rhinebeck Bank, Marist College, Dutchess Community College, Berkshire Hathaway Home Services Hudson Valley Properties, M&T Bank, Central Hudson, Cindy & Steve Smith, Donna Gruberg, St. John's Evangelical Lutheran Church, Ulster Savings Bank, Millbrook Tribute Garden, Inc., Media Maison, Cornerstone Financial, Hyde Park Assisted Living, & Meyer Contracting.

A PATH TOWARD A COMMUNITY HEALTH SOLUTION

9,466 lbs OF **FRESH HUDSON VALLEY GROWN & GLEANED PRODUCE**



- **POUGHKEEPSIE FARM PROJECT**
- **DUTCHESS OUTREACH**
- **ROOSEVELT HOME GARDEN**

THANK YOU TO OUR FARMING FRIENDS AND PARTNERS.

THE 2019 SEASON MARKS OUR 5TH YEAR OPERATING THE DO FRESH MARKET, OUR MOBILE FARMERS' MARKET ON WHEELS. IN 5 YEARS, WE'VE AFFORDED MORE THAN **50,000 lbs OF FRESH HUDSON VALLEY GROWN AND GLEANED PRODUCE TO COMMUNITIES WHO MIGHT NOT HAVE HAD ACCESS OTHERWISE.**

SHOP THE MARKET, FEED THE COMMUNITY.

OUR MOBILE MARKET PROGRAM IS UNIQUE TO OUR ORGANIZATION IN THAT IT EARNS REVENUE FROM THE SALE OF PRODUCE STOCKED ON THE MARKET. WHAT SETS OUR MARKET APART IS ITS MOBILE NATURE, EXTREMELY AFFORDABLE PRICES, AND OUR ACCEPTANCE OF ALL TYPES OF PAYMENTS INCLUDING PUBLIC BENEFIT ASSISTANCE DOLLARS.

2019 MARKET REVENUE STREAMS



PAYMENT TYPE

- **CREDIT**
- **CASH**
- **WIC FMNP**

46.8% OF THIS SEASON'S REVENUE WAS GENERATED FROM **FOOD ASSISTANCE BENEFIT DOLLARS LIKE WIC FMNP, AND SENIOR FMNP.**

FMNP= FARMERS' MARKET NUTRITION PROGRAM



FRESH MARKET

A Community Health Solution



3,012 lbs OF PRODUCE GROWN ON OUR URBAN FARM IN THE *CENTER* OF THE CITY OF POUGHKEEPSIE.

6,454 lbs OF PRODUCE GLEANED FROM OUR HUDSON VALLEY FARMING FRIENDS.

MORE THAN **600** PEOPLE SERVED.

THANK YOU
TO OUR VOLUNTEERS AND PARTNERS!



FROM OUR MOBILE MARKET MANAGER

There is nothing like the turning of leaves, the ripening of all the winter squash, and the tables full of a season's bounty to celebrate the end of another great growing season. The urban farm and community garden started in winter with a delicious array of nutrient-dense greens. As the grounds thawed our greenhouses started to fill with cucumbers and tomatoes, and our community garden plots started bringing in the chatter of excited community members ready to welcome spring with tending hands. We grew a variety of new crops this year including my personal favorite, Turmeric and Ginger. We had a core dedicated group of volunteers; infinite thanks to Omar, Brandon, and Henry. To those who garden, you know how much that help means to us. Here at Dutchess Outreach, it's important for us to grow our community alongside our food and, as my first season wraps up, I am blown away with the love and support this community has to offer.

As many of you know we also have a mobile market, traveling to 8 stops every week from June to November. This season we were able to distribute thousands of pounds of fresh, local, organic food to City of Poughkeepsie residents. We added a little treat along with the food of giving away children's books as another way to connect and invest in the future of our community. A special thanks to the Roosevelt Home Garden and the Poughkeepsie Farm Project for the endless donations of plants and foods that kept our market running and tummy's full. We're looking forward to a good winter rest and another great season!



Justin Offerman, FARM MARKET MANAGER



29 NORTH HAMILTON STREET SUITE 220
POUGHKEEPSIE, NY 12601

NON PROFIT ORG.
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NEWBURGH, NY

How YOU CAN HELP DUTCHESS OUTREACH

VOLUNTEER YOUR TIME

OPPORTUNITIES
IN OUR
LUNCH BOX
FOOD PANTRY
MOBILE MARKET
ON OUR FARM

SPONSOR A FOOD DRIVE

WITH YOUR BUSINESS,
CHURCH, SCHOOL, OR
ORGANIZATION TO
BENEFIT OUR MISSION

MAKE A MONETARY DONATION

YOUR CONTRIBUTION IS
TAX DEDUCTIBLE AND
DIRECTLY FUNDS AND
SUPPORTS OUR WORK

HOST AN EVENT TO OUR BENEFIT

ADD A MISSION DRIVEN APPEAL TO YOUR NEXT BENEFIT EVENT

DONATE

NON-PERISHABLE FOOD ITEMS
PERSONAL HYGIENE ITEMS
CHILDREN'S CLOTHING

GIFTS OF STOCK OF APPRECIATED
VALUE BENEFIT BOTH
DUTCHESS OUTREACH AND YOU
WITH THE FULL MARKET VALUE
ELIGIBLE FOR TAX DEDUCTIONS.



CONTACT US AT
845-454-3792

Thank You